"BEFORE" AND "AFTER" BODY MEASUREMENTS

Your scale doesn't know the difference between muscle and fat, so the best way to track your progress is by taking your measurements. Simply follow the directions below. Make note of your progress every week to see how you're doing.

Body Fat %, DAY 0 _____ DAY 91 _____

Weight, DAY 0 _____ DAY 91 _____

(PLEASE INDICATE IF WEARING CLOTHES)

Chest, DAY 0 _____ DAY 91 _____

Waist, DAY 0 _____ DAY 91 _____

Hips, DAY 0 _____ DAY 91 _____

Right Thigh, DAY 0 _____ DAY 91 _____

Left Thigh, DAY 0 _____ DAY 91 _____

Right Arm, DAY 0 _____ DAY 91 _____

Left Arm, DAY 0 _____ DAY 91 _____